Insuring the Wellbeing of Vulnerable Families

The Current HSS Grant for Family Violence Prevention and Services/Grants to State Domestic Violence Coalitions contains the following language under the heading: ‘Ensuring the Well-Being of Vulnerable Children and Families, An important component of promoting social and emotional well-being includes addressing the impact of trauma, which can have a profound effect on the overall functioning of children, youth, and families. The Administration on Children, Youth and Families promotes a trauma-informed approach, which involves understanding and responding to the symptoms of chronic interpersonal trauma and traumatic stress across the domains outlined above, as well as the behavioral and mental health sequelae of trauma…And further on under Coping Strategies: The methods that children, youth, and families develop to manage challenges both large and small are learned in childhood, honed in adolescence, and practiced in adulthood. Those who have been presented with healthy stressors and opportunities to overcome them with appropriate encouragement and support are more likely to have an array of positive, productive coping strategies available to them as they go through life. For children, youth, and families who grew up in or currently live in unsafe, unpredictable environments, the coping strategies that may have been protective in the unsafe environments may not be appropriate for safer, more regulated situations. Interventions should help children, youth, and families transform maladaptive coping methods into healthier, more productive strategies.’

To prepare for issues that will continue to arise while working with these populations and to meet the requirement of the grant, the membership will have a presentation from Karma Cottman at our meeting on March 15th.

Karma joined the DC Coalition Against Domestic Violence (DCCADV), as Executive Director in 2010. As the membership agency for the twelve primary purpose domestic violence agencies in the District, DCCADV provides leadership to all sectors of the Washington, DC Community to respond effectively to the needs of domestic violence survivors and their children. The coalition works to strengthen city-wide domestic violence prevention and intervention efforts.

Since 1994, Karma, who is a Washington D.C. native, has worked with numerous national partners to address emerging issues in domestic violence service provision and sits on several national committees. Prior to joining NNEDV, Karma served as the co-director of the Florida Coalition Against Domestic Violence Rural Diversity Initiative. In this capacity, she assisted with the development of a community assessment tool used to identify service gaps in numerous local Florida communities. Karma currently serves on the steering committee of the Institute on Domestic Violence in the African Community and the Policy Partnership for Communities of Color.
You Are Cordially Invited To Join:

**The Deaf & Disability Advocacy Collaborative**

This new initiative will work to create equal access for all domestic violence survivors and advocates throughout New Jersey.

**When:** Friday, April 20, 2012
**Where:** NJ Coalition for Battered Women
1670 Whitehorse Hamilton-Square Rd. Trenton, NJ 08690
**Time:** 11am - 1pm
**RSVP By:** April 10th to Sara Zesski: 609-584-8107 or email: zesski@njcbw.org

Reminder from the NJCBW Cultural Competency Committee

By this time all of the programs that provide shelter should have received both an English and Spanish version of the survivor survey. Survivor’s input is important when developing policy and procedures to assure that services are equitable to all who use them. We appreciate 100% participation from every shelter program. At this time we are not surveying non-residential clients or transitional housing clients.

We’d like to thank all the programs that have been giving them out and encouraging survivors to fill them out. Keep it up! Surveys can be mailed back at any point during their stay or immediately after they leave. It is confidential. They should mail back in the envelope provided. If envelope is lost, please give survivor a new one. Surveys not returned in the envelope provided cannot be counted. We will collect the surveys until March 30, 2012.

If you have any questions about the survey please contact Sara Zesski, zesski@njcbw.org or 609-584-8107 ext. 21.

**MARCH 2012 MEETINGS**

**NJCBW Membership Meeting**
Thursday March 15, 2012, 10:00am-1:00pm

**NJCBW Board of Trustees Meeting**
Thursday March 15, 2012, 1:00pm-3:00pm

**Cultural Competency Committee Meeting**
Monday March 19, 2012, 10:00am-1:00pm

**NJ Trafficking Task Force**
Monday March 19, 2012, 10:30am-1:00pm

**Battered Lesbian Task Force**
Friday March 23, 2012, 10:30am-1:00pm
*More upcoming dates:* 4/27, 5/25, 6/29, 7/27 (to be held in Monmouth County), 8/24, 9/28, 10/26, 11/16, 12/14

**White Aspiring Allies Against People of Color CRASH Film Viewing and Discussion**
Friday March 23, 2012, 10:00am-4:00pm

**DVRT Meeting**
Tuesday March 27, 2012, 10:00am-3:00pm

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SAVE THE DATE

**NJADVP**
10th Annual Conference
Thursday, June 14, 2012
Rutgers University
Busch Campus
Piscataway, New Jersey

Conference brochure will be posted online in late April.
Violence against women has been occurring for centuries. There are specific references to violence against women as early as 2500 B.C. Quite often, the government and/or religious institutions sanctioned this type of behavior. As domestic violence advocates it is essential for us to learn about and understand this long history of violence against women since it has direct implications on the treatment of women today.

$10 NJCBW Member; $35 Non-NJCBW Member
3 DVS Credits: Basic Knowledge

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Join us as we continue to move forward
Stella Maris Retreat House
Long Branch, NJ

May 9th - Meet & Greet 6pm-8pm
May 10th - Workshop 9am-5pm
May 11th - Workshop 9am-3pm

Facilitator: Dr. Jamie Washington
Social Justice Training Institute
www.washingtonconsultinggroup.net

UPCOMING NJCBW INSTITUTE TRAININGS

March

March 14th, 2012
Developing High Performance Teams
10:00 am -- 1:00 pm
Yvette Murry, MSW, LSW
Learn how to work with groups and teams to solve problems and accomplish goals. This workshop is designed to enhance participants’ understanding of group dynamic theory. Participants will learn how to identify group behaviors that foster engagement, collaboration and leadership. Strategies on evaluating group health, getting the most out of meetings and increasing team buy-in will be provided.

$10 NJCBW Member, $35 Non-NJCBW Member
3 DVS Credits: Group Counseling Skills

March 22nd, 2012
History of Violence Against Women
10:00 am – 1:00 pm
Lisa Smith, MS, DVS
‘While presenting a lecture on domestic violence to a community group, I was asked ‘when did violence against women begin?’ The person asking the question thought it probably started about the time women left home to work, meaning during the late 1930’s and early 1940’s, and meaning in the United States. Violence against women has been occurring for centuries. There are specific references to violence against women as early as 2500 B.C. Quite often, the government and/or religious institutions sanctioned this type of behavior. As domestic violence advocates it is essential for us to learn about and understand this long history of violence against women since it has direct implications on the treatment of women today.’

$10 NJCBW Member; $35 Non-NJCBW Member
3 DVS Credits: Basic Knowledge

April

April 11th, 2012
Emotional Freedom Techniques
10:00 am – 1:00 pm
Carol Bemmels, MA
Emotional Freedom Techniques is the fastest growing of the many new systems of energy psychology that are revolutionizing how therapy is done. Often just called “tapping”, it is acupuncture without the needles, a simple, gentle and fast acting tool to relieve the body of physical and emotional pain. From minor daily irritations to PTSD, EFT often works when nothing else has. It’s so easy and safe, even children can use it. Gary Craig, the founder of EFT, has a motto - “Try it on everything!” And that approach has made for some surprising results with “incurable diseases” and long term intractable problems. Participants will come away from the 3 hour training session with enough personal experience and success to use it on themselves and share with others. Resources for further research will be provided.

$10 NJCBW Member; $35 Non-NJCBW Member
3 DVS Credits: Intervention

April 18th, 2012
Group Development and Management
10:00 am – 1:00 pm
Yvette Murry, MSW, LSW
Domestic violence providers are often asked to “run” a myriad of groups within the scope of our professional responsibilities. The focus of this session is to discuss the genesis and health of groups. Theories related group life cycle will be provided. Special attention will be made to provide the nuances and variations among adult and children’s groups, self-help groups, therapeutically facilitated groups and psycho-educational groups.

$10 NJCBW Member; $35 Non-NJCBW Member
3 DVS Credits: Group Counseling Skills
April (continued)

3 DVS Credits: Group Counseling Skills
April 25th, 2012
The Impact of Oppression: Diversity Training for Domestic Violence Advocates
10:00 am – 4:00 pm
Rose A. Williams, MSW and Sara Zesski

This five-hour training workshop presents diversity from a social justice perspective highlighting issues of oppression to various marginalized groups, but primarily focusing on racism. The goal of the workshop is to build the capacity of advocates to provide services to survivors in the most sensitive manner. Participants will be guided through a series of interactive exercises, mini lectures and experiential activities that are designed to define and illustrate oppression in its various forms. By the end of the training participants will be able to describe the impact of oppression on marginalized groups.

$35 NJCBW Member; $50 Non-NJCBW Member

5 DVS Credits: Values and Attitudes Towards Violence

May

May 2nd, 2012
Sexual Terrorism
10:00 am – 4:00 pm
Jill Zinckgraf, M.P.A.

In this workshop we will be exploring the theory of sexual terrorism via articles, essays, mass media and discussion. We will examine the current statistics of violence against women as a backdrop to the status of women in the United States. Human trafficking, pornography and sexual violence as modes of reinforcement of violence will be investigated.

$15 NJCBW Member; $50 Non-NJCBW Member

5 DVS Credits: Gender Issues and Empowerment

May 9th, 2012
Counseling Survivors of Child Sexual Abuse
10:00 am – 4:00 pm
Robbin Loonan, MA, DVS, LPC

This interactive, didactic workshop is designed for professionals working with adult & child survivors of child sexual child abuse. The workshop will give participants a better understanding of the dynamics, the issues, and the consequences for survivors of all ages. Counseling techniques will be presented in a variety of modalities (group, individual, family) within a feminist framework of empowerment and safety. Challenges facing both survivors and helpers will be discussed.

$15 NJCBW Member; $50 Non-NJCBW Member

5 DVS Credits: Sexual Abuse